

KEY TERMS

- **Buddy** A person who helps another person follow the rules and can get help in an emergency.
- **Horseplay** Rough play that can result in someone getting hurt.
- **Hypothermia** A life-threatening condition in which the body is unable to maintain warmth and the entire body cools.
- **Inflatables** Plastic toys or equipment that are filled with air to function as recommended.
- Murky water Dark or cloudy water.
- **Rules** Guidelines for conduct or action that help keep us safe at pools and swimming areas.
- Safe swim area A swimming area that is supervised and is free of water hazards.
- **Supervised area** An area with a person present who is in charge and is responsible for the safety of others.
- **Waterfront** Open water areas, such as lakes, rivers, ponds and oceans.
- Waterpark An aquatic theme park that consists of a variety of attractions that may include a wave pool, speed slide or winding river.

OBJECTIVES

After completing the following activities, students will be able to-

Topic 1: Rules, Rules, Rules

Identify rules for safe participation in water activities at pools, waterfronts, waterparks and beaches.

Topic 2: What Might Happen?

Explain how following safety rules can prevent accidents.

Topic 3: Rules . . . Which Comes First?

 Demonstrate an understanding of safety rules by creating posters designed to teach the rules to others.

Topic 4: How Does a Rule Rank?

 Demonstrate individual and team higher level thinking by ranking and identifying rules for safe participation in water activities at pools, waterfronts, waterparks and beaches.

MATERIALS, EQUIPMENT AND SUPPLIES

All Topics

- Be Cool, Follow the Rule poster
- Longfellow's WHALE Tales DVD
- DVD player and monitor
- Optional:
 - o Be Cool, Follow the Rule stickers (one for each student)



Topic 1: Rules, Rules, Rules

- Activity Sheet 2-1: Show You Know (one for each student)
- Activity Sheet 2-2: Pool Patrol (one for each student)
- Activity Sheet 2-3: Pool Rules (one for each student)
- Activity Sheet 2-4: Dangerous Beach (one for each student)
- Activity Sheet 2-5: Secret Message (one for each student)
- Fact Sheet: Longfellow's Rules for Safe Swimming

Topic 2: What Might Happen?

- Activity Sheet 2-6: Where Do You Swim? (one for each student)
- Activity Sheet 2-7: Be Cool, Follow the Rule (one for each student)

Topic 3: Rules . . . Which Comes First?

- Activity Sheet 2-8: Rules . . . Which Comes First? (one for each student)
- Markers
- Poster board

Topic 4: How Does a Rule Rank?

Activity Sheet 2-9: How Does a Rule Rank? (one for each student)



LEADER'S NOTES

- Display the Be Cool, Follow the Rule poster at the front of the class. To begin a discussion about the poster, ask students questions, such as "Some of the people in this poster are 'cool' and others are 'not cool.' What rules are the 'uncool' people not following? Why are these rules important? What rules are the 'cool' people following? Why are these rules important?" Refer to the poster throughout the activities in this topic. As an option, you may use an LCD projector to display the electronic version of the poster from the CD-ROM.
- The Longfellow's WHALE Tales DVD segment, "Be Cool, Follow the Rule," can be shown to support this topic.

INTRODUCTION

Key Points:

- Rules are designed to help keep us safe and to be considerate of other people.
- Lifeguards enforce the rules at swimming areas.
- Always listen to the lifeguard and follow the rules.



TOPIC 1: RULES, RULES, RULES

Recommended Grade Levels: K-6

Key Points and Discussion:

What is a rule?

Answer: A guideline for conduct or action that helps keep us safe at pools and swimming areas.

■ Where are some places we need to follow rules?

Answers: Responses will vary but may include the following:

- o School
- o Home
- o Pool

■ Why do we have rules?

Answer: To keep everyone safe.

What rules do we have in our classroom?

Answers: Responses will vary but may include the following:

- o Do not disturb the class
- o Respect adults
- o No horseplay or running
- No profanity
- o No food, drinks or gum in class
- Wear proper clothing

■ What types of swimming areas are available in your area?

Answers: Responses will vary but may include the following:

- Swimming pools
- Waterparks
- o Oceans
- o Rivers
- Lakes
- o Ponds

■ What rules do you have at your swimming area?

Answers: Responses will vary. Allow time for responses.

Why are these rules necessary?

Answers: Responses will vary but may include the following:

- o To help keep a person safe
- o To help prevent injuries
- o To be considerate of others



■ What types of things should you look for to help decide if it is safe to swim?

Answers: Responses will vary but may include the following:

- A lifeguard is on duty.
- o The water is clean and free of hazards.
- o Swimming area is well marked.
- Safety equipment is available.
- o There is adequate water depth for activities.

• Can you think of any other ideas to make swimming activities safer?

Answers: Responses will vary but may include the following:

- o Use flotation devices that are approved by the U.S. Coast Guard.
- Enroll in swim lessons.
- o Monitor the amount of time you spend in the water.
- Drink lots of water.
- o Use sunscreen when outside.
- Do not jump from sides of cliffs, bridges or buildings into the water.
- o Know your own limits.
- Know how deep the water is before getting in.
- o The water should be waist to chest deep for nonswimmers.

■ What other rules are found at-

- o Waterparks?
- o Wave pools?
- o Rivers?
- o Beaches?
- o Lakes?

Answers: Responses may include:

- o For waterparks—
 - Be sure the area is well supervised by lifeguards before you or others in your group enter the water.
 - Read all posted signs. Follow the rules and directions given by lifeguards. Ask questions if you are not sure about a correct procedure.
 - Be aware that some attractions have moving water, such as wave pools, and require swimming skills to be safe.
 - Before you start down a water slide, get in the correct position—face-up and feetfirst.
- For the beach—
 - Stay within the designated swimming area and within the visibility of a lifeguard.
 - Watch out for possible hazards, such as waves, rip currents, alongshore currents and other water conditions.



- Check the surf conditions before you enter the water. Look to see if a warning flag is up or check with a lifeguard for water conditions, beach conditions or any potential hazards, especially rip currents.
- Stay away from piers, pilings and jetties when in the water.
- Keep a lookout for aquatic life.
- Enter headfirst only when the area is marked clearly for diving.
- Never dive headfirst into breaking waves.
- o Rules for lakes and rivers-
 - Swim in a supervised area.
 - Inexperienced swimmers and young children should wear life jackets.
 - Children or inexperienced swimmers should avoid areas where moving water is present.
 - Select an area that is clean and well maintained.
 - Avoid all water activities above and below a dam.
 - Avoid possible hazards such as murky water, hidden underwater objects, currents, waves, unexpected drop-offs and aquatic plant life.
 - Use a feetfirst entry when entering the water.
 - Enter headfirst only when the area is marked clearly for diving.
 - Be sure rafts and piers are in good condition, with no loose boards or exposed nails.

 Never swim under a raft or pier. Always look before jumping off a pier or raft to be sure no one is in the way.
 - Make sure you always have enough energy to swim back to shore.



LEADER'S NOTE

See Fact Sheet: Longfellow's Rules for Safe Swimming.

Activity:

Have students complete the following:

- Activity Sheet 2-1: Show You Know
- Activity Sheet 2-2: Pool Patrol
- Activity Sheet 2-3: Pool Rules
- Activity Sheet 2-4: Dangerous Beach
- Activity Sheet 2-5: Secret Message



TOPIC 2: WHAT MIGHT HAPPEN?

Recommended Grade Levels: 3-6

Activity:

- Tell students, "Prevention is an important part of water safety. Rules help prevent accidents from happening."
- Read each scenario below to students.
- After each scenario, have students consider the consequences and respond by telling what they think might happen. Then, discuss how the accidents could have been prevented by following the rules.

Scenario 1

Jennifer and Tamika have just come out of the pool locker room and decide to race to the edge of the pool. What might happen?

Answers: Responses will vary but may include the following:

- They could fall and hurt themselves.
- They could fall and hurt others who are in the way.

Scenario 2

Ian and Justin are playing tag in the water. Ian climbs out and runs to the diving board. Justin follows quickly and jumps in to tag Ian. What might happen?

Answers: Responses will vary but may include the following:

- Justin could land on Ian and they could both be hurt.
- Others swimming in the general area could be hurt.
- Both boys could slip and fall while running to the diving board.

Scenario 3

Jason and some of his friends are taking turns jumping in the water from the side of the pool. Jason gets tired of waiting for his turn so he pushes a friend into the water. The friend is surprised and swallows some water. What might happen?

Answers: Responses will vary but may include the following:

- His friend could start coughing.
- His friend may go back under and swallow more water.



Scenario 4

Maria and her little brother, José, are getting ready to get into the water. José puts on his arm floats. Maria takes him into water over his head. What might happen?

Answers: Responses will vary but may include the following:

- If José cannot swim well, he could be in a situation that is beyond his ability.
- If José cannot swim well, the arm floats could slip off or could lose air and José could sink.

Scenario 5

Colin and Shelley are walking along a river, when Shelley decides that she wants to go for a swim. She jumps into the river. What might happen?

Answers: Responses will vary but should include the following:

- She could get caught in the current and carried away.
- The current could carry her toward hazards such as a strainer, dam or hydraulic.

Activity:

Have students complete the following:

- Activity Sheet 2-6: Where Do You Swim?
- Activity Sheet 2-7: Be Cool, Follow the Rule

TOPIC 3: RULES . . . WHICH COMES FIRST?

Recommended Grade Levels: K-6

Activity:

- Divide the class into five groups.
- Have students complete Activity Sheet 2-8: Rules . . . Which Comes First?
- Review the activity with the class.
- Have the class choose five safety rules from the rules listed on Activity Sheet 2-8 and assign each group a rule.
- Have each group design a poster for the rule they were assigned.
- Display the posters in the classroom or donate them to a local pool or swimming facility.

TOPIC 4: HOW DOES A RULE RANK?

Recommended Grade Levels: 3-6

Activity:

- Divide the class into four groups.
- Each member of a group is to individually rank each rule on Activity Sheet 2-9, How Does a Rule Rank? Rules should be ranked from most to least important.



- Tell students not to discuss their rankings until all group members have finished their individual rankings.
- Once everyone has finished ranking the rules, have students discuss their rankings with the other members of their group. Tell students not to change their individual rankings during the discussion.
- After everyone in each group has finished the discussion of their individual rankings, have each group rank, in order, the rules as a team.
- After each group is finished ranking the rules as a team, have each group report the rankings.
- Students may disagree on rankings. Help them to reach the conclusion that it is important to follow all the rules regardless of their rank.

WRAP-UP



LEADER'S NOTE

Refer back to the Be Cool, Follow the Rule poster as you review the lesson.

Key Points and Discussion:

- What rules should you remember when you go for a swim? Answer: All the rules.
- Following the rules can make swimming safer and more fun for everyone.

Longfellow's Rules for Safe Swimming



The best thing anyone can do to stay safe in, on and around the water is to know your limits and learn how to swim. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swimming course, contact your local Red Cross chapter.

Swimming Rules

- Always swim with a buddy; never swim alone.
- Read and obey all rules and posted signs.
- Swim in areas that are supervised by a lifeguard.
- Children or inexperienced swimmers should take extra precautions, such as wearing a U.S. Coast Guard-approved life jacket when around the water.
- Watch out for the "dangerous too's"—too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Parents should set water safety rules for their family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep.)
 Children should also ask permission from parents first before they swim.
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located. The more informed you are the more aware you will be of safety hazards and safe practices.
- Know how to prevent, recognize and respond to emergencies.
- Use a feetfirst entry when entering the water.
- Enter headfirst only when the area is clearly marked for diving and has no obstructions.

Rules for Waterparks

- Be sure the area is well supervised by lifeguards before you or others in your group enter the water.
- Read all posted signs. Follow the rules and directions given by lifeguards. Ask questions if you are not sure about a correct procedure.
- When you go from one attraction to another, note that the water depth may be different and that the attraction should be used in a different way.
- Be aware that some attractions have moving water, such as wave pools, and require swimming skills to be safe.
- Before you start down a water slide, get in the correct position—face up and feetfirst.
- Some facilities provide life jackets at no charge. If you cannot swim, wear a U.S. Coast Guard-approved life jacket.

Longfellow's Rules for Safe Swimming



Rules for the Beach

- Stay within the designated swimming area and within the visibility of a lifeguard.
- Check the surf conditions before you enter the water. Look to see if a warning flag is up or check with a lifeguard for water conditions, beach conditions or any potential hazards, especially rip currents. (See Fact Sheet: Longfellow's Safety Equipment Information.)
- Stay away from piers, pilings and jetties when in the water.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Before going into any ocean, find out what local marine life may be dangerous, how to avoid it and how to care for any injuries. (See Fact Sheet: Longfellow's Aquatic Life Facts.)
- Enter headfirst only when the area is marked clearly for diving.
- Never dive headfirst into breaking waves. Many swimmers have suffered head, neck and back injuries while diving into waves, not realizing that the water depth was too shallow for a dive.
- Watch for alongshore and rip currents. Alongshore currents move parallel to the shore. If you are caught in an alongshore current, try to swim toward shore while moving along with the current. Rip currents move straight out to sea beyond the breaking waves. If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore.

Rules for Lakes and Rivers

- Select a supervised area. A trained lifeguard who can help in an emergency is the best safety factor. Even good swimmers can have an unexpected medical emergency in the water.
- Inexperienced swimmers and young children should wear life jackets.
- Children or inexperienced swimmers should avoid areas where moving water is present.
- Select an area that is clean and well maintained. A clean bathhouse, clean restrooms and a litter-free environment show the management's concern for your health and safety. Water pollution can cause health problems for swimmers.
- Avoid all water activities above and below a dam.
- Avoid possible hazards such as murky water, hidden underwater objects, currents, waves, unexpected drop-offs and aquatic plant life.
- Use a feetfirst entry when entering the water.
- Enter headfirst only when the area is marked clearly for diving.
- Be sure rafts and piers are in good condition, with no loose boards or exposed nails. Never swim under a raft or pier. Always look before jumping off a pier or raft to be sure no one is in the way.
- Make sure you always have enough energy to swim back to shore.

Longfellow's Rules for Safe Swimming

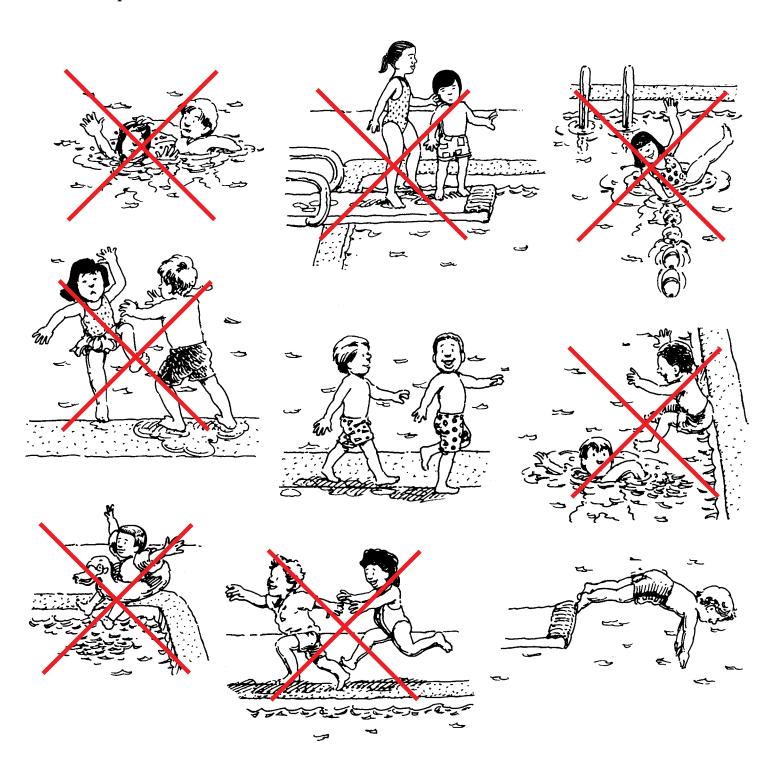


- Water that appears calm on the surface may have a current below the surface. Do not underestimate the power of an unseen current. If you are caught in a current and being swept away, roll over onto your back and go downstream feetfirst to avoid hitting your head. When you are out of the strongest part of the current, swim straight towards shore.
- A hydraulic is a strong force created by water flowing downward over an object, then reversing its flow. The reverse flow of the water can trap and hold a person under. If you are caught in a hydraulic, do not fight it but swim to the bottom and then swim out with the current to reach the surface.

Show You Know



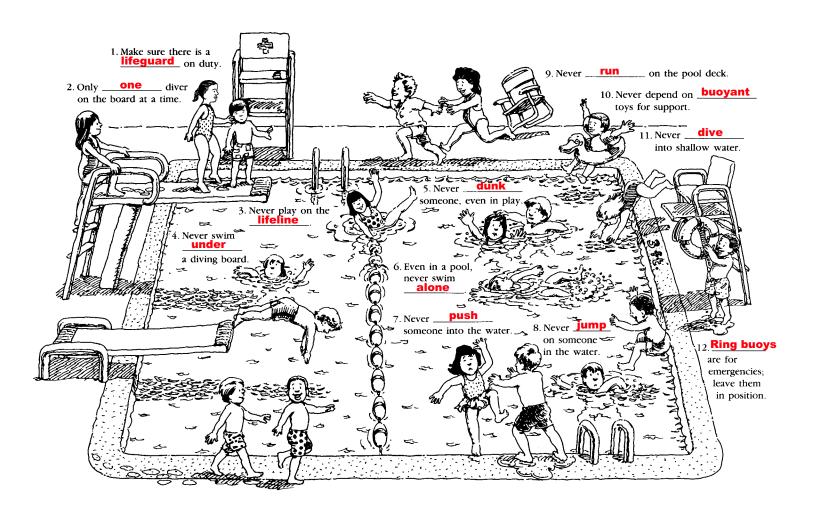
Put an X on the pictures that show children who have forgotten safe behavior at the pool.



Pool Patrol



These children know how to swim, but they have never heard of water safety. By completing these rules, you can learn from their mistakes.



Dangerous Beach



Each picture shows a dangerous situation. Study the pictures carefully, and then match each numbered picture to the sentence that describes the safety rule that applies to it.



- <u>3</u> Dive only when you know the area is clear of objects and deep enough.
- 5 Swim in unpolluted water.
- _7__ Keep away from swift-moving water.
- 2 Swim only in supervised areas.
- <u>4</u> Know your limits.
- _6__ Swim with a buddy.
- ___1__ Swim only during the day.















Secret Message



Write the answer to each word puzzle in the spaces below. When all the blanks have been filled in, use the circled letters to complete the secret message at the bottom of the page.

1.	This	is a	person	you	should	swim	with.

<u>B</u> <u>u</u> <u>d</u> <u>d</u> <u>y</u>

2. This is the right type of water to dive into.

<u>D</u> <u>e</u> <u>e</u> <u>p</u>

3. If you are in real trouble, yell this word.

<u>H</u> (e) <u>l</u> _p_

4. This is the kind of weather you don't want to swim in.

<u>S</u> <u>t</u> <u>o</u> <u>r</u> <u>m</u> <u>y</u>

5. This is a very dangerous time to swim.

<u>N (i) g h t</u>

6. Remember to do this before swimming, especially if you are tired from hard work or play.

<u>R</u> <u>e</u> <u>s</u> <u>t</u>

7. This is something you apply before you go outdoors.

 \underline{S} \underline{u} \underline{n} \underline{s} \underline{c} \underline{r} \underline{e} \underline{e} \underline{n}

8. This is a word that describes floating toys, inner tubes and air mattresses, especially when used by nonswimmers.

Dangerous

9. These people watch you while you swim. They are trained to take care of water emergencies.

 $\mathrm{S}\,\underline{\mathbf{U}}\,\,\underline{\mathbf{P}}\,\,\underline{\mathbf{E}}\,\,\underline{\mathbf{R}}\,\,\mathrm{V}\,\,\underline{\mathbf{I}}\,\,\underline{\mathbf{S}}\,\,\mathrm{I}\,\mathrm{O}\,\underline{\mathbf{N}}$

<u>S A V E S L I V E S</u>



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- 2. Always swim in _____ water, not murky water.
- 5. Never swim _____ the diving board.
- 8. Do not swim when there is _____ and thunder.
- 10. Only _____ person on the diving board at a time.
- 11. Always swim with a _____.

Down

- 1. When using a slide, go down _____ first.
- 3. The supervisor at the pool is the _____.
- 4. Do not _____ on the pool deck.
- 6. Be cool! Follow all the _____.
- 7. Never swim at _____ in unlighted areas.
- 9. Do not chew _____ while swimming.